



**How many hours do you sleep every day?
How does the lack of sleep affects you?**



Let's talk about me

Sleep Patterns - Like Night and Day



1 It's a typical work day and you have to get up at 6:00 a.m. because of a long commute. You ...

- a)** usually wake up before the alarm goes off.
- b)** set multiple alarms at 5 minutes intervals to ensure you eventually get up by the third one.
- c)** keep the alarm clock across the room to force yourself out of bed so you don't sleep in.

2 You have an important meeting that requires you to be alert and focused. What is your preferred meeting time?

- a)** The earlier the better.
- b)** You like to hold your meetings at lunchtime.
- c)** You are gearing up as the sun sets.

3 It's the weekend and you have no commitments today. What time would you naturally wake up?

- a)** At sunrise or shortly after.
- b)** You rise when the sun is already blazing and almost everyone has had breakfast.
- c)** Lunch IS breakfast on the weekend.

5

10

15



ck the ideas and discuss with your classmates.

Look at the answers posted by different people to the question: How well do you sleep?

- I slept for ten hours, yet I still felt tired the next day
- Although I slept for ten hours, I still felt tired the next day
- I slept for ten hours. However, I still felt tired the next day
- Despite sleeping for ten hours, I still felt tired the next day



We use a sentences that begins with "although" or "even though" to which expresses an idea that suggests the opposite of the previous

Although I slept for ten hours, I was still tired.

Even though I had slept well, ...

Although I'm usually a good sleeper, ...

COMPLETE

Although I go to bed early, _____.

Even though I was tired , _____ .

Use **despite** and **in spite of** with a gerund or noun:

Despite having slept for ten hours, I was still tired.

In spite of the comfortable bed, I still couldn't sleep.

Complete

Despite keeping healthy habits, _____.

In spite of sleeping enough time, _____.

Despite knowing sleeping well is necessary, _____.

You can use **even so**, **yet**, **however**, and **saying that** at the beginning of a sentence. Use a comma after the linker

I usually sleep very well. However, last night was an exception.

Note: move these at the end of the sentences

I slept well. I was still tired in the morning though/however.

COMPLETE

Last night I slept seven hours. Yet, _____.

I took some sleeping pills. _____, however.

I was very tired. Saying that, _____.

You can also use adverbial phrases such as **try as I might, strange as it may seem, hard as I tried**

Try as I might, I just couldn't get to sleep.

Complete

**Strange as it may seem,
Hard as I tryed,**

-  a The average adult needs about eight hours of sleep a night. Some studies, **however / yet / although**, suggest that women need an hour more sleep than men.
-  b Eating dinner just before bed is not recommended. Eating a small snack, **yet / though / although**, can actually help you sleep.
-  c Men tend to dream more about men, **however / but / even though** women, according to research, dream equally about men and women.
-  d We very often dream about ourselves, **despite / although / however** this doesn't start happening until we are about five years old.
-  e Sleepwalkers are technically asleep, **even so / even though / despite** they have their eyes open and sometimes even engage in conversation.
-  f Some animals, such as cows and elephants, can sleep standing up. They can only dream when they are lying down **yet / even so / though**.
-  g **Even though / Despite / However** many years of research, it is still not known whether fish sleep at all.
-  h Everyone knows the expression "thinking on your feet," **yet / although / even so** studies have shown that, on average, we think 10% faster when we are lying down.

**Have you been awake for a long time
because you couldn't sleep?**

Use your own ideas to complete the contrasting sentences.

1. Even though / although
2. Despite ..., / Spite of
3. Although I tried....,
4. ____ . Even so, / ____ . Yet ,
5. ____ . However, / ____ . Saying that,
6. ____ . ____ , though.
7. Try as I might, ____
8. Strange as it may seem, ____.